

## MBU 105: SUCCESS AS AN ADULT LEARNER

Required of students entering the Baldwin Online and Adult Programs from Mary Baldwin residential programs and recommended for Online and Adult students returning after an extended time period. Focuses on the skills students need to be successful adult learners, including developing self-awareness, cultivating independent learning skills, navigating degree planning, using online technology, and understanding the philosophy and policies of Mary Baldwin University. Students must have already completed MBU 101 or BOLD 101; taken in first semester.

**Credits:** 1

**Department:** [Interdisciplinary Studies](#)